

# Client Development Activity Pack!

In this pack you will find activities, challenges and exercises to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

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## Photography Challenge!

Use your phone to photograph something that brought you joy today. It might be a cup of tea, the view from your window, the sun setting this evening.. Anything that gave you some comfort and a smile. Send your photo with a caption to [cd@dubsimon.ie](mailto:cd@dubsimon.ie) and we will include it in Friday's edition!

Client Development would love to get your feedback! Tell us what you would like to see more of. Send us photos of your activities and we can include them in our Client's Eye magazine. Call us on 01 635 4884 or email us on [cd@dubsimon.ie](mailto:cd@dubsimon.ie)



# Self-Care Word Search

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

s	f	p	a	w	u	i	q	s	q	m	b	a	p	p
s	o	e	z	c	d	s	s	z	i	p	h	n	d	q
e	c	x	c	a	t	e	b	n	z	q	l	a	r	e
n	u	f	y	n	n	i	d	s	b	x	z	j	z	v
e	s	k	t	d	e	f	v	e	u	l	a	v	e	n
r	p	e	n	n	u	d	e	e	p	l	a	n	u	j
a	y	i	v	l	n	o	i	t	a	x	a	l	e	r
w	k	t	n	o	p	q	f	f	b	t	e	t	p	e
a	j	e	s	g	l	m	s	u	n	f	m	y	o	u
q	s	p	u	u	l	l	v	i	t	o	z	z	h	p
s	x	p	o	a	w	s	s	g	b	d	c	n	z	q
s	j	a	c	w	x	l	i	a	q	n	y	c	d	i
b	k	j	o	z	e	y	v	x	s	p	p	q	n	h
j	z	v	q	e	y	t	g	o	a	g	x	l	b	k
r	e	s	p	e	c	t	b	i	m	e	y	l	e	e

calm      awareness      focus      mindfulness  
 confidence      hope      kindness      love      active  
 plan      relaxation      sleep      respect



# Things I Can Control

(So, I will FOCUS on these things)



For more information please contact Sure Steps Counselling on

01 6354882 or

[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# Things I Cannot Control

(So, I will LET GO of these things)



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